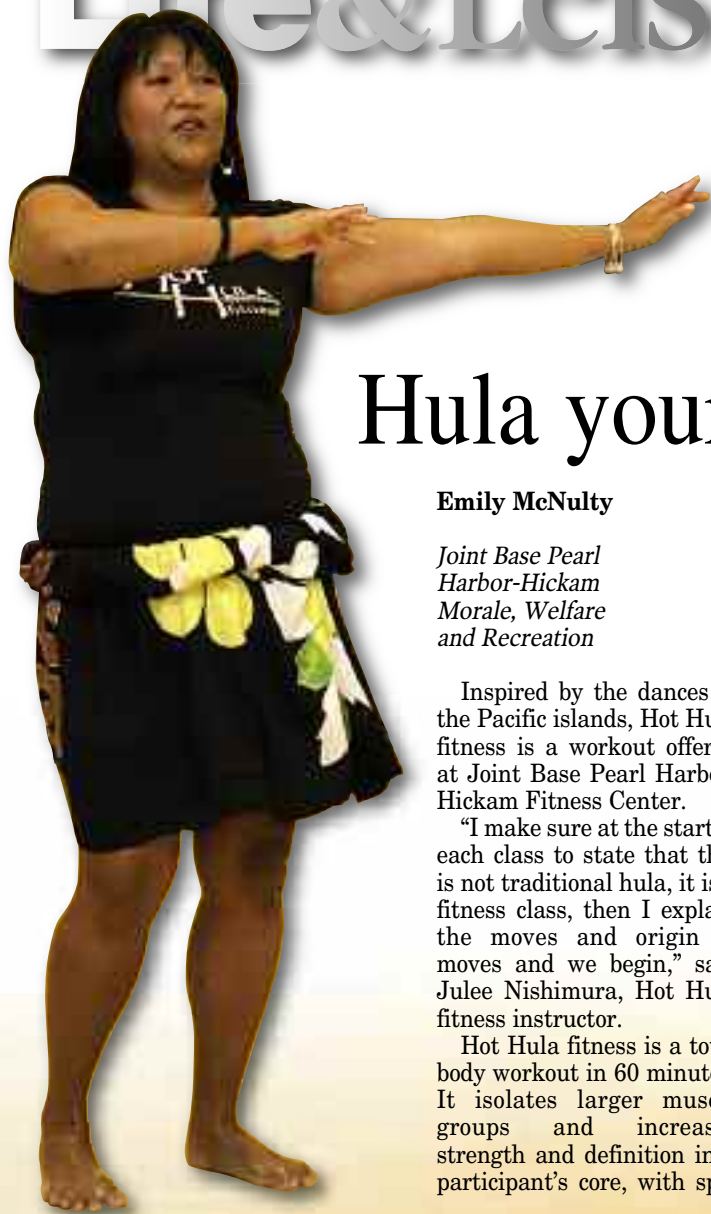


Life & Leisure

B



Hula your way to a new you

Emily McNulty

Joint Base Pearl Harbor-Hickam
Morale, Welfare
and Recreation

Inspired by the dances of the Pacific islands, Hot Hula fitness is a workout offered at Joint Base Pearl Harbor-Hickam Fitness Center.

"I make sure at the start of each class to state that this is not traditional hula, it is a fitness class, then I explain the moves and origin of moves and we begin," said Julee Nishimura, Hot Hula fitness instructor.

Hot Hula fitness is a total body workout in 60 minutes. It isolates larger muscle groups and increases strength and definition in a participant's core, with spe-

cific emphasis on the abs, glutes, quads and arms.

"This class is fun because all fitness levels can participate, the music is very upbeat and the Polynesian drum beats draw you in," said Lori Gaynor, group exercise class Wahiaawa Annex fitness center manager. This class describes the Polynesian background and exposes military personnel to the culture of Hawaii.

Participants have the opportunity to learn foundational movements that carry on in all the choreography, and infuse different movements into the choreography. Over time they will learn a total of nine dances.

"This is very fun class for mothers, daughters and families. Men are welcome as well. We provide you with

the sarong, which helps get your minds and bodies into hula," said Nishimura.

Nishimura pointed out several times that this class is great for everyone because it is low impact and it raises body awareness.

"Remember, this is your fitness, your journey, do what you can...you might as well have fun while working out," said Nishimura.

"I was excited to bring Hot Hula fitness to joint base. We are the first military installation to bring in this class," said Gaynor.

Hot Hula fitness is offered once a week on Wednesdays from 5:45 to 6:45 p.m. at Joint Base Pearl Harbor-Hickam Fitness Center. Call 471-2019 for more information, or visit greatlife-hawaii.com.

MWR Marketing photos

Hot Hula, Cardio and Core

Cardio and core conditioning class offers challenging workout

Emily McNulty

Joint Base Pearl Harbor-Hickam
Morale, Welfare
and Recreation

A cardio and core conditioning class is offered four times a week at the Hickam Fitness Center.

"I like to use my background of basketball, track and more to make the cardio and core class a big

mish-mosh of working out. I mix it up each class, so you are never working the same muscle the same way," said Simone Davis, MWR group exercise instructor.

"This class will save you time. It's hard but beneficial. You will lose weight, get fit and do better with your fitness," said Davis.

The core conditioning class is

different, but usually consists of eight to 10 circuits around a room. As high-volume, high-energy music plays, patrons start one exercise, and 30 seconds later move to the next, and so on for the full hour.

"I'm not in front of the class the whole time. I'm constantly moving, motivating and correcting. I won't let you get hurt or fail. But I also won't let you slack,"

Davis said.

"This class is for everybody. It just takes a little bit of courage," she said.

She added that not everyone who takes the class is at the same level.

"There is no set weight or reps to hit. It's at your own pace, what goal do you want to achieve and pushing for it," said Davis. The class can be modified or changed for people with injuries or for those who

are more advanced.

"I've been taking cardio and core with Simone since last summer. This class is challenging, but you see results in a short time," said Cheri Smith, a Navy spouse.

"I like teaching this class because it's a family environment. It's a mix of young teenagers to adults up to 70 years old. I'm exposed to several different people and we all encourage

each other in and outside of the class. I love it," said Davis.

Davis, a personal trainer and MWR group exercise instructor, also teaches Zumba and boot camp in addition to cardio and core conditioning.

Cardio and core and conditioning is offered Monday, Wednesday and Friday from 9:45 to 10:45 a.m. and Monday through Friday from 6 to 7 a.m. at the Hickam Fitness Center.



MWR Marketing photos

Shipyard can't keep up with 15th Medical Group

**Story and photo
by Randy Dela Cruz**

Sports Editor

The 15th Medical Group (15 MDG) used three goals from Staff Sgt Benjamin Pack in the first half and solid defensive play from goalkeeper Airman 1st Class Daniel Lee to go on and defeat Pearl Harbor Naval Shipyard (PHNSY), 5-0, in a Blue Division intramural soccer matchup on June 15 at Ward Field, Joint Base Pearl Harbor-Hickam.

The 15 MDG, which entered the game in 10th place, switched places with PHNSY, which arrived at Ward Field in ninth place. Both teams now have identical records of 5-8.

"It's very difficult to get people to come out on Saturdays," Pack explained about the team's record. "We have a different amount of people each week. We just got to come together and play the best that we can."

Early in the first, Pack put the 15 MDG out in front by depositing a penalty kick into the net for a quick 1-0 lead.

Shortly after the goal, Pack broke down the left side of the field on a breakaway only to be met head on by

the PHNSY goalkeeper.

Instead of trying to maneuver around the goalie, Pack blasted a kick the slammed off of the defender and took a fortunate bounce toward and then into the goal for a 2-0 lead.

"I faked the keeper into going to the right and I took my shot," Pack said. "I was hoping to would hit the side of the net, but at least it went in. I think it boosted the team, so it was good."

While one lucky bounce turned out to be a good thing for the 15 MDG, getting another one immediately after the first one was even better.

Attacking the PHNSY goal down the right side, another shot on goal caromed off of a defender and landed in front of Senior Airman Maggie Noll, who was all alone with the ball on the left side of the goal.

With no defender to guard her, Noll swiped in a shot to give the 15 MDG a 3-0 lead.

"The ball ricochets off people," Pack said. "It happens all the time. That's why coaches always tell you to take shots — no matter what. Typically, if you put the ball in the center hash, down by the penalty area, good things are going to come out of it."

Pack added to the team's tally by booting a corner kick past the goalkeeper and into the goal for 4-0 lead

just before halftime.

Holding a commanding lead, the 15 MDG handed things over to the defense, which was led by the strong play of Lee.

Although playing with an injured hamstring, Lee posted stop after stop to help the team preserve the win.

"We had three defenders, so our backfield was never empty," said Lee about the team's solid defensive play. "Plus, a lot of hustle. More hustle than the other team."

While the game was well in hand, Pack wasn't done just yet.

This time, the 15 MDG striker used his foot to boot a perfect pass to teammate Trent Osier, a military family member, who kicked in a point-blank shot for the final goal.

Pack said that the key to the win over PHNSY was the ability of the 15 MDG to play well together as a team.

At 5-8, the record of the 15 MDG may not strike fear into the hearts of the other teams in the division, but said Pack, if armed with a full squad, he and his teammates are prepared to give everyone a battle.

"We've had a lot of injuries this season as well," Pack acknowledged. "If we have everybody and play to our full potential, I believe we would do very well."



Staff Sgt Benjamin Pack, 15th Medical Group (15 MDG), blasts a header toward the goal in the Blue Division intramural soccer game.

Hickam Communities' residents awarded scholarships



Hickam Communities' residents Madeline Skrocki and Thomas Stokes were among the recipients of WinningEdge Scholarships.

**Story and photo by
Hickam Communities**

Hickam Communities' residents Chandler Carlson, William Kasberg, Madeline Skrocki, and Thomas Stokes were recipients of WinningEdge Scholarships.

They were each awarded \$1,000 to be applied to their educational pursuits. The award is in recognition for their exemplary academic performance, character and potential proficiency in their chosen field of study.

The awards were granted by WinnCompanies, the firm providing the property management and mainte-

nance services at Hickam Communities.

Madeline Skrocki, a graduate of Radford High School, stated her award would go towards studies at Yale University where she plans to major in political science and international relations. Skrocki, along with her parents, Col. Thomas and Ms. Cheryl Skrocki, has lived in Hickam Communities since July 2010.

"I look forward to one day giving back to Hickam Communities," she said.

Chandler Carlson, son of Col. Dann and Sherilyn Carlson and graduate of Radford High School, will

attend college in Colorado. William Kasberg, son of Col. David and Cecile Kasberg, is a graduate of Damien Memorial School and looks forward to attending Notre Dame. Myron B. Thompson Academy graduate Thomas Stokes will attend Brigham Young University. He's the son of Col. Rodney and Lisa Stokes.

A total of \$18,000 was awarded to WinnCompanies residents at military installations nationwide. WinningEdge Scholarship applications for the 2014-2015 school year become available February 2014.

HIANG and 647th CES settle for 0-0 deadlock

Story and photo
by Randy Dela Cruz

Sports Editor

Against the 647th Civil Engineering Squadron (647 CES), the Hawaii Air National Guard (HIANG) avoided a forfeit by assembling the bare minimum of players and then dodged another bullet by battling to a 0-0 tie in a Blue Division intramural soccer showdown on June 15 at Ward Field, Joint Base Pearl Harbor-Hickam.

Competing with one player shy of a full lineup, the HIANG surprisingly out-kicked the 647 CES on shots on goal and almost pulled out a win with a frantic rally before time ran out.

"We were definitely getting behind the defense and making good passes," HIANG striker Maj. Tom Flowers said. "We were moving well without the ball and looking for the open man."

Still even with the stalemate, the HIANG remains in the thick of the hunt for a playoff spot with a record of 8-1-2, while the 647 CES, despite only suffering one defeat against six wins, have now garnered their fourth tie of the season.

Although the 647 CES held a one-player advantage, the team seemed to have its edge neutralized by the quickness of the HIANG players.

In the first half, the HIANG out-kicked the 647 CES on shots on goal by a margin of seven to five, with two of the 647's opportunities coming off of free kicks.

"They (HIANG) played their angles right," said 647 CES striker Staff Sgt. Todd Sorbin. "They have fast guys and they know soccer. You could see that every single one of them know how to play."

Not having a full squad, Flowers said, forced the HIANG to utilize every ounce of experience they had on the team.

"I think we had to rely on our skills a little bit more and play a smarter game," Flowers acknowledged. "We didn't run after every ball and played zone defense."

After halftime, the scoreless battle continued well into the second half until the HIANG started picking up the pace with time running out.

In a frenzied attack on the 647 CES goal, the HIANG spent most of the closing two minutes just outside the box and assaulted the goal with numerous shots.

One shot in particular appeared headed for pay dirt, but the ball struck the goal's upright and ricocheted out of bounds.

"We thought one of them was bound to go in," Flowers said. "We were just taking advantage of opportunities. We were rotating through our offense and defense to get a break since we didn't have any subs and we just pushed hard when we could."

Coming into the game sitting in sixth place, Sorbin said that the 647 CES missed a golden opportunity to move up in the standings.

Seeing the open gap in the HIANG's team may have forced the 647 CES to press too hard Sorbin noted.

"We weren't getting our guys down," he said. "It was like, there's so much space out there, but I think our guys were thinking way too much. We should have won this game, but they're a good team."

Full squad or not, one thing is for sure: the HIANG will come to compete no matter how players they bring to the game.

"I think we could have won that game," Flowers said. "We had all the opportunities, the game was in our hands we just couldn't finish."



Maj. Joe Gushikuma, of the Hawaii Air National Guard (HIANG), gets ready to head the ball past 647th Civil Engineering Squadron (647 CES) defender Lt. John Daly.

Security earns Captain's Cup

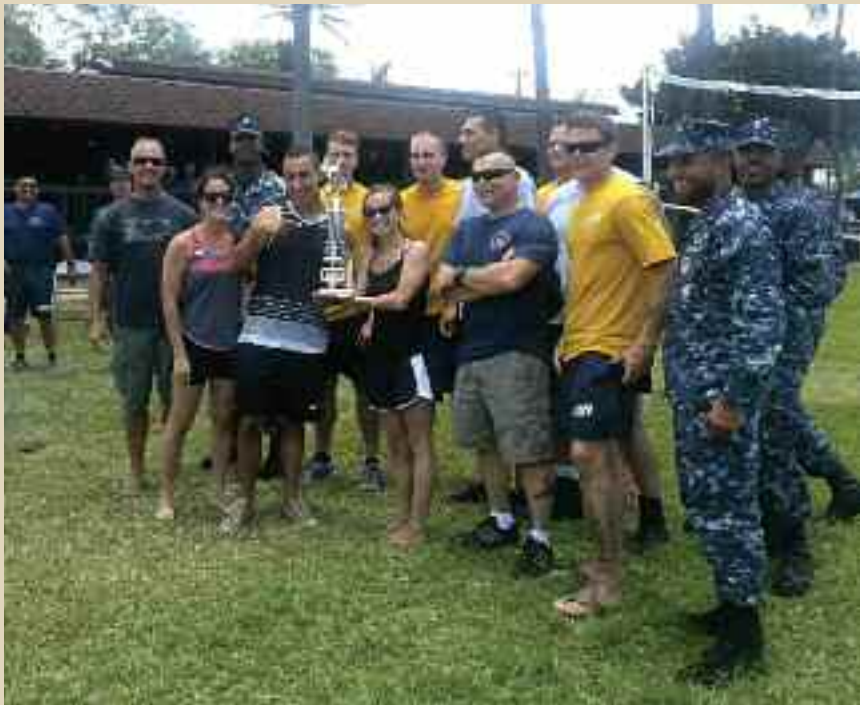


Photo courtesy of CSC (SW) Evelyn White

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam (JBPHH) awards the Captain's Cup to the JBPHH Security Department. The Captain's Cup took place from June 10 to 14. All JBPHH departments including tenant commands competed with several team building sports such as basketball, volleyball, flag football, a three-legged race, two-man kayak, fitness challenge and tug-of-war. Every team or department earned points based on what place they took in the competition and the Security Department was the overall winner of the Captain's Cup. The event is held once a year followed by a command picnic.



U.S. Navy photo by MC2 Dustin W. Sisco

Sailors from various commands on Joint Base Pearl Harbor-Hickam participate in a basketball competition for Captain's Cup 2013. Captain's Cup is a series of competitions designed to enhance team performance and build camaraderie.

White Plains Beach cleanup to be held July 6

As part of National Oceans Month, a cleanup of White Plains beach and a Hawaiian monk seal educational event is scheduled for July 6.

The cleanup will run from 7:30 to 8:30 a.m., and the monk seal educational event will be from 9 a.m. to 11 a.m.

This event is open to everyone who wishes to volunteer. Attendees are encouraged to bring water, sunscreen, hat and sunglasses. Gloves and garbage bags will be provided.

For more information, call Patricia Coleman of Navy Region Hawaii Environmental Coordination at 473-0369 or e-mail patricia.colemon@navy.mil.

Chefs at Joint Base Pearl Harbor-Hickam serve fresh food to military customers



(Clockwise from above) A finished dessert tart is displayed for patrons at the Hickam Officers' Club; Ahi steak and vegetables is served at Sam Choy's Island Style Seafood Grille; A chef prepares food for a special catering event at Joint Base Pearl Harbor-Hickam.

Emily McNulty

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation Marketing

Each chef on Joint Base Pearl Harbor-Hickam, whether it is at the Hickam Officers' or Enlisted Club or one of the other fine-dining restaurants on base, said they want the military customer to get the best possible quality food at the best value.

The chefs emphasized that they use fresh, quality foods and products, and work closely with vendors to provide to their military communities.

"We want the food to be the star. It has to shine," said Roberto Los Banos, executive chef of Sam Choy's Island Style Seafood Grille. He added that the quality has to be spot-on to achieve this.

"We're here to provide a great dining experience for the families and service men and women here on base. We want them to come back again and again for different occasions, (including) banquets and weddings, and to continue supporting us. We have to deliver," said Los Banos.

Each restaurant searches for local ingredients to use. For example, Sam Choy's uses greens from Hirabara Farms on the Big Island in addition to Hamakua tomatoes and mushrooms.

When watermelon, pineapples and melons are available locally, Los Banos uses them in his desserts and fruit salad. The Hickam Officers' Club and Enlisted Club chefs also buy herbs, fish and produce locally. Hawaii is famous for its fresh fish and seafood.

Chef Andreas Knapp of the Enlisted Club/JR Rockers said he has loyal customers and has built up a trust with the military community.

"I think a lot of customers come in with a low expectation but then are surprised when the food is excellent, with big portion sizes and low prices. They come to expect

good food for a good price because they have had it before on this base," Knapp said.

Tradewinds Enlisted Club has gourmet dinner nights, a German Stammtisch, Oktoberfest and other special events.

"Our staff knows the sacrifices our active duty military and their families make as well as our retirees. They really appreciate their service to our country. Many of our staff are military spouse or family members," said Chef Robert Souza of the Hickam Officers' Club.

Both the Officers' Club and Sam Choy's Island Style Seafood Grille offer views of the ocean off their outdoor lanai. The Officers' Club has a Koa Lounge, Lauhala Garden and Polynesian Gazebo. In addition, next door is Wright Brothers Café and Grille, open for breakfast and lunch.

JR Rockers, located next door to the Tradewinds Enlisted Club, is known for its All Nighters thrown the night before each federal holiday. JR Rockers has a sports bar atmosphere for watching NFL Football and UFC fights. There are also daily specials, including Wild Wing Wednesday, Grill Night and Mongolian BBQ.

Los Banos of Sam Choy's said his favorite item on the current menu is the poke and fresh fish. "If you are born and raised in Hawaii, you have to love fish. It's mixed fresh to order and the quality of fish we use to make it is outstanding," he added.

Knapp of the Enlisted Club said he loves cooking at the specialty nights, especially the German Stammtisch, and trying out different styles of cooking based on the experience and specialties of his staff.

Souza of the Officers' Club favors the prime rib on the menu. "It is roasted to perfection so the meat is tender and tasty. It just melts in your mouth," Souza said.

For more information, locations and menus, visit the website www.greatlife.hawaii.com.



Live the Great Life

Hiking with Outdoor Adventure Center offers chance to see Hawaii

Hawaii's weather and natural landscape offers a wealth of outdoor activities. One of those activities is hiking, and the Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation Outdoor Adventure Center (OAC) leads hiking tours throughout the year.

Hikes are available for the

beginner who is new to the outdoors and for the avid hiker looking for a challenge. OAC provides transportation to the site and guides along the way. The variety of trails adds to the escape, as OAC often goes to out-of-the-ordinary places. "We do a lot of hikes that aren't commonly known to the public, but we still

keep it safe," said outdoor recreation specialist Shelton Fuertes.

Fuertes enjoys sharing the experience of the real Hawaii with patrons. He says it's fun to see the looks on their faces as they view the unique landscape, spot wildlife, or mention how good it feels to be away from city life for a while.

Hiking is not just about appreciating the natural beauty of Hawaii. It's also good exercise. "You get a workout. You definitely sweat," said Fuertes, but "it's more of a fun sweat when you know you're doing something. You're in nature—it's more fun than going to the gym!"

Hikes are scheduled every

month. For patrons who can't go on the scheduled dates and have a group of six or more, the OAC will book a private tour (based on availability). For more information, call the OAC at 473-1198. The full schedule of outdoor activities is also available at www.greatlifehawaii.com under Sports/Recreation.



(Above left) A hiking group explores Maunawili Falls trail. (Above right) Hiking offers many scenic opportunities such as this view from Lanipo Trail.

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com, or subscribe to MWR's digital magazine *Great Life Hawaii*.



Summer Concert Series will begin at 5:30 p.m. June 21 at Hickam Harbor lawn. The Pacific Fleet Band Popular Music Group will perform music from all mainstream genres including rock, pop, hip-hop, country and R&B. Bring a beach chair, blanket and your favorite snacks and beverages. FMI: greatlifehawaii.com.

Glass Bottom Boat Tour will be held from 9:15 a.m. to noon June 22 through Information Tickets and Travel-Hickam. Glass windows below allow participants to see the coral reef and the hidden marine life. FMI: 448-2295.

After-school Introduction to Children's Drawing will be held from 3:45 to 5:15 p.m. June 25 to July 30 at the Hickam Arts and Crafts Center. This course is

designed for the youth who draws all the time, as well as for the beginner. FMI: 448-9907.

Beginning Adult Watercolor will be held from 6 to 8 p.m. June 25 to July 30 at the Hickam Arts and Crafts center. Learn how to use the basic tools, techniques and procedures of watercolor. FMI: 449-9907.

Splash into Summer 5k Run/Walk will begin at 7 a.m. June 27 at Wahiawa Annex Fitness Center. No registration is required. FMI: 653-5542.

'Have Book will Travel': Learn a new language will begin at 2 p.m. June 27 at the Hickam Library. Presentations will be held in German, Spanish, French and Chinese. FMI: 448-8299.

All-American, all-night activity planned for teens

The Joint Base Pearl Harbor-Hickam Teen Center will hold an All-American All-Nighter lock-in to celebrate the 4th of July Weekend. The lock-in will start at 7:30 p.m. July 5 and end at 7:30 a.m. July 6. This event provides 12 hours of non-stop activities for teens ages 13 to 18.

"We are showing our youth that we hear what they are saying, and the teens have been saying they want another lock-in. After the April lock-in we heard nothing but positive comments and a few sob stories from the youth that missed it," said Dana Smith, youth support coordinator. She also said the lesson learned from the last lock-in is to remind everyone they can bring a pillow and that there are "safe" sleep zones where no one is allowed to mark your face if

you fall asleep.

Teens will have the opportunity to participate in team-building, dodge ball, bowling, button making and video games on the big screen. There will also be a photo booth and music from a live DJ. Treats such as milkshakes, root beer floats, hamburgers, hotdogs, chips and more will be provided.

Stop by the Teen Center to sign up now through July 5 and remember to bring a completed Teen Center Registration form, which can be found online at greatlifehawaii.com. There is a fee of \$25, but if you bring a canned food donation you will receive \$5 off. For more information call the Teen Center at 448-0418. "Like" them on Facebook at www.facebook.com/JointBasePearlH arborHickamTeenCenter.



MWR Marketing photo

A group of teens prepares to dance at the Joint Base Pearl Harbor-Hickam Teen Center.

Morale Welfare & Recreation

KAYAKING NORTH SHORE

There will be a stand-up kayaking trip to Anahulu Stream on the North Shore at 9 a.m. June 29. Departures are from Outdoor Adventure Center-Fleet Store. The registration deadline is June 25. FMI: 473-1198.

CHILDREN'S DRAWING CLASS

The Hickam Arts & Crafts Center will hold a children's drawing class from 3:45 to 5:15 p.m. Tuesdays beginning June 25. This course is designed for children who draw all the time as well as beginners. Fundamentals, such as correct use of light and shadows on four basic shapes, will be stressed. FMI: 448-9907.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m., June 26, at the Hickam Library. The theme will be "July 4 Independence Day." FMI: 449-8299.

CRUD TOURNAMENT

There will be a free crud tournament from 6 to 10 p.m. June 28 at the Officers' Club (Koa Lounge). Crud is a team game played on a billiards table with players using their hands instead of pool cues. No experience with the game is necessary, and all branches and skill levels are welcome. FMI: 448-4608.

CHINATOWN TOUR

A tour of Honolulu's Chinatown featuring a traditional dim sum lunch will take place from 8:45 a.m. to 1 p.m. June 29. The tour departs from Tickets & Travel-Hickam. FMI: 448-2295.

LADIES' GOLF CLINIC

There will be a free ladies' golf clinic at 9 a.m. June 29 at the Mamala Bay Golf Course. FMI: 449-2300.

JULY 4TH BEACHFEST

The annual Independence Day beachfest will be held from 11 a.m. to 5 p.m. on July 4 at Hickam Beach and Marina. Activities will include a search-and-rescue demonstration by the Coast Guard, jet pack and water ski demos and free rentals for water activities. This is a free event. FMI: 449-5215.

RACQUETBALL LESSONS

The Joint Base Pearl Harbor-Hickam Fitness Center will hold free racquetball lessons on July 11, 12 and 13. Classes are from 5 to 7 p.m. on July 11 and 12, and from 9 to 11 a.m. on July 13. Classes are taught by an American Professional Racquetball Organization certified instructor, and are open to eligible patrons 18 years and older. The last day to register is July 8. Sign up at the fitness center customer service desk. FMI: 471-2019.

Community Calendar

JUNE

27 — Joint Base Pearl Harbor-Hickam AMC Passenger Terminal will hold a "space available" brief at Hickam Memorial Theater from 2 to 3 p.m. for anyone interested in exploring this benefit. FMI: Passenger Service Center at 449-6833 or <http://www.facebook.com/HickamAMC>.

30 — The Battleship Missouri Memorial announced that the historic attraction will be closed to the public for one day on June 30. Use of the battleship has been bought out for that day to accommodate a filming project. The memorial will reopen on July 1, with normal operating hours. The Battleship Missouri Memorial is open daily from 8 a.m. to 5 p.m. during the summer (June, July and August). Contact the memorial for information about admission fees. FMI: 1-877-644-4896 or visit USSMissouri.org.

JULY

1 — The City & County of Honolulu will hold the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam "Giant Voice" works in conjunction with Honolulu's outdoor warning sirens and will sound a steady tone for 45 seconds.

4 — U.S. Army Garrison-Hawaii will host a July 4 celebration at Schofield Barracks, for military members and their families. In the past, the Army has opened the July 4 event to the public. However, Army officials are forecasting that Schofield Barracks will reach maximum field capacity this year due to conditions that did not exist in previous years, including the return of most service members from deployment, and Joint Base Pearl Harbor-Hickam and Marine Corps Base Hawaii not offering fireworks. Because of these capacity and safety concerns, the event will be open to Department of Defense (DoD) ID cardholders. This includes military members, their families, military retirees, DoD civilian employees, and their authorized guests. FMI: www.himwr.com.

6 — An Independence 5K run/walk will be held starting at 7 a.m. at Ford Island. Prizes will be awarded for the top three male and female finishers and for best patriotic costume. All proceeds will benefit the 2013 Enlisted Navy Ball. Sign up at www.active.com or www.navyballhawaii.com. FMI: www.facebook.com/#!/PearlHarborNavyBall

9 — AFCEA Armed Forces Communications and Electronics Association (AFCEA) luncheon event will be held at Hale Ikena Club, Fort Shafter. Check in is at 11 a.m. and the buffet starts at 11:30 a.m. The speaker will be Brig. Gen. Richard Simcock, deputy commander, U.S. Marines Forces Pacific. The cost is \$14 for AFCEA members who pre-register and \$17 at the door or for non-members. FMI: www.afceahawaii.org or call 441-8565 or 441-8524.



TYLER PERRY'S TEMPTATION PG-13

Acclaimed playwright Tyler Perry explores the hardships of marriage and the benefits of confronting problems in this drama about the stressful union between a hardworking accountant and his loving wife, a harried marriage counselor.

HICKAM MEMORIAL THEATER

TODAY 6/21

6:00 Iron Man 3 (PG13)

SATURDAY 6/22

2:00 Tyler Perry's Temptation (PG13)

7:00 Star Trek Into Darkness (PG13)

SUNDAY 6/23

2:00 Star Trek into Darkness (PG13)

Movie Showtimes

SHARKEY THEATER
is closed for renovations

Some MWR facilities and services may be subject to change. For more information, visit the JBPHH website at www.cnic.navy.mil/pearlharbor-hickam or the Navy Region Hawaii website at www.cnic.navy.mil/hawaii.

My Favorite Photo...



Moments before dark, a blazing sky pierces the stillness of Kaiaka Bay on Oahu's North Shore.

Photo by Richard Onaha Hutter

How to submit

Email your (non-posed) photos to editor@hookelenews.com



Independence Run/Walk to support this year’s Hawaii Navy Ball

To help support this year's Hawaii Navy Ball, the Hawaii Ball Committee will hold an “Independence Run/Walk” 5K at 7 a.m. July 6 at Ford Island.

The run/walk is open to active duty, reservists, retirees, their family members and Department of Defense civilians. Awards will be given to the top three males and females. Additionally, a prize will be given to Best Patriotic Costume. The registration fee is \$25, and the last day to register is July 1.

The Hawaii Navy Ball will celebrate the Navy's 238th birthday at the Hickam Officer's Club on Oct. 12, 2013. This event features food, song and dance.

The goal of the Navy's Ball is to facilitate and encourage the attendance of junior service members and their families and foster a sense of pride by sharing the rich and long-standing traditions of the U.S. Navy with the community.

This year's ball will feature guest speaker Fleet

Master Chief Marco Ramirez. He became the 16th Fleet Master Chief for the U.S. Pacific Fleet on April 30, 2013. His personal awards include the Bronze Star, Meritorious Service Medal (three awards), Navy and Marine Corps Commendation Medal (four awards), Navy and Marine Corps Achievement Medal (five awards), and various campaign and service awards.

The program for the Oct. 12 event includes cocktail hour from 6 to 7 p.m., dinner and ceremony from 7 p.m. to 9 p.m., and dancing a prize giveaways from 9 to 11:59 p.m. The menu will feature prime rib, stuffed chicken roulade vegetarian options. Tossed salad with dressing, fresh-baked dinner rolls and ceremonial cake are included with the dinner.

Tickets for the ball will go on sale July 15. Prices are to be determined. For more information, visit www.navyballhawaii.com.

Sign up for the run/walk at www.active.com

Blood drive schedule

Currently scheduled drives include:

July 2, 7:30 a.m. to noon, Joint Base Pearl Harbor-Hickam Makalapa Clinic

July 10, 9 a.m. to 1 p.m., Naval Computer and Telecommunications Area Master Station Wahiawa Annex

July 30, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

